



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: https://home.ria.army.mil/sites/ii/ii.cfm

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JMC Supports FBI by Providing

Training Ammunition: The Joint Munitions Command was recognized for supplying training ammunition to the FBI in a ceremony held, here, August 27. "With over 13,900 agents and 36,000 employees, the FBI shoulders the bulk of federal criminal investigations and is charged with domestically ensuring the national security of the United States," said FBI Special Agent



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in Charge, James E. Finch. Agents are required to train once a quarter, while SWAT team members train even more frequently. With budget constraints, there were concerns that agents would not have enough ammunition to train successfully. The FBI and JMC began exploring the possibility of transferring 'training use only' ammunition. The FBI first approached JMC officials to determine if any small-caliber obsolete

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available for use by the



ammunition was available, JMC located 28 million rounds of predominantly 5.56 mm ammunition at two of its installations that were

FBI. It was determined the ammunition transfer could be provided from JMC's demilitarization account, JMC saved \$2.5 million by avoiding



Garrison Commander





demilitarization costs and transferring these rounds to another government agency. (More)

<u>Arsenal Island Town Hall</u>: The Rock Island Arsenal-Garrison will host an installation-wide town hall on Thursday,

Sept. 18, at 4 p.m., in Heritage Hall, Bldg. 60. Col. Elmer Speights, Garrison Commander, invites all



elements of Arsenal Island to include all organizations, family members, as well as the RIA community and the public at large. The subject matter covered will include briefs on the upcoming Fort Armstrong Avenue construction, the River Drive construction in Moline, the construction of a motor cycle training course on the Arsenal, AAFES, DeCA/Commissary, and RIA FMWR. In addition, Col. Speights will be fielding questions from anyone in attendance. Advanced questions can be emailed to Garrison Public Affairs at usarmv.ria.imcom-central.mbx.usagagm@mail.mil. The length of the town hall is estimated to last 1 to 1½ hours.

A Fed's Guide to the Congressional Blitz Ahead: Congress returns to

Washington for a busy two weeks before calling it quits again. Lawmakers must pass a bill to keep the government funded beyond Sept. 30, the end of the fiscal year. Other critical legislation, including the defense authorization act, may have to wait until after the November elections. The House is expected to take up a continuing resolution this week, with the Senate to follow next week. Congress is likely to pass some sort of funding mechanism to keep the government operating. (More)

Statement By Secretary of Defense Chuck Hagel on President Obama's

<u>ISIL Speech</u>: President Obama laid out

a strong, comprehensive strategy to degrade and ultimately destroy ISIL, and the United States military is prepared to carry out its responsibilities in



this counter-terrorism campaign. The men and women of the U.S. Armed Forces are ready to carry out the orders of our commander-in-chief, to work with our partners across government, and to work with our friends and allies around the world to accomplish this mission. As the president made clear,

Upcoming Dates

Sept. 13: 3rd Annual COL Davenport House Croquet Party, 2 p.m.

Sept. 13: NFL Punt pass and Kick Competition, Cannon Flats. 10 a.m.

Sept. 14: 200th Anniversary of the National Anthem 🕆 🕆

<u>Sept. 16</u>: Single Parents Support Group, USO, Bldg. 110, 11 a.m. – 12 p.m.

<u>Sept. 17</u>: Employment & Education Fair, Heritage Hall, 10:30 a.m. - 1:30 p.m.

<u>Sept. 18</u>: RIA DeCA & AFFES Advisory Council, Commissary (DeCA), 1 p.m.

<u>Sept. 18</u>: RIA Islandwide Town Hall, Heritage Hall, Bldg. 60, 4 p.m., (Tentative)

<u>Sept. 18</u>: Honor Flight of the Quad Cities (QCI Airport)

<u>Sept. 18-20</u>: Stand Down 2014 for Homeless Veterans, QCCA, Rock Island

<u>Sept. 24</u>: Right Arm Night, Arsenal Island Golf Course Clubhouse, 4:30 p.m.

Sept. 25: Newcomer's Orientation and Tour of RIA and the QC, Arsenal Island Golf Course Clubhouse, 8 a.m.

<u>Sept. 25</u>: RIA 4th Quarter Retirement, Retreat & Award Ceremony, Heritage Hall, 2 p.m.

<u>Sept. 28</u>: Quad Cities Marathon, 7:30 a.m.

Oct. 2: Graduation Recognition Ceremony, Heritage Hall, 1 p.m.

Oct. 3: Oktoberfest, Quarters One Lawn, 5:30 p.m.

Oct. 3: DFMWR Fall Golf Tournament, Arsenal Island Golf Course, 9 a.m.

Oct. 7-9: DA Photos

Oct. 8: Garrison EEO Disability Awareness Month Fair, Heritage Hall, 10 a.m. - 1 p.m.

Oct. 9: Illowa Bi-State CFC Kick Off, Heritage Hall, 11 a.m. – 1 p.m.

Oct. 25: Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



American military power cannot alone eradicate the threats posed by ISIL to the United States, our allies, and our friends and partners in the region. Iraq's continued political progress toward a more inclusive government will be critical, as will our coalition's use of all instruments of power -- military, law enforcement, economic, diplomatic, intelligence, and humanitarian assistance -- in coordination with countries in the region. (More)

Arsenal Employee Sends Praise,
Appreciation to Co-Workers: To my

Rock Island Arsenal civilian co-workers and military personnel — I had the unhappy task of participating in the funeral and burial of my 35-yearold nephew on Sept. 3. As the procession proceeded to the Rock Island National Cemetery, as we approached the Island in down town Moline, we passed a Soldier that had stopped his vehicle, donned his cover and was standing at attention, saluting as we passed. That was the first sign of the respect given our passing that I had noticed. As a pallbearer, I was near the front of the procession and as we approached the Island using the 14th

Street ramp, all the oncoming traffic had stopped to the side of the road as we passed. The guard at the gate was standing respectfully at his station and the vehicles continued to be stopped on the side of the road until we turned off Rodman into the Cemetery. I was filled with pride in being part of our Island community, which had shown their respect to our departed. As I visited with family and friends at the fellowship after the service many of the comments were of the Soldier and the vehicles paying their respects. I do not know the name of the Soldier, but if you happen to read this, you and your actions touched many of hearts and I wish to pass on a heartfelt thank you. The people stopping for the procession were also part of the conversation, many times. I wish to let vou all know, on behalf of our entire family; you do make a positive difference and statement with that type action. A proud co-worker, Huck Rhodenbaugh

2014 FEHB Open Season Dates

Announced by OPM: The Office of

Personnel Management (OPM) officially announced the dates for the 2014 FEHB Open



Season which will run from Monday,

Nov. 10, through Monday, Dec. 8. During the annual Open Season, employees can take the actions listed below for the Federal Flexible Spending Account Program (FSAFEDS), Federal Employees Dental and Vision Insurance Program (FEDVIP), and the Federal Employees Health Benefits (FEHB) Program. (More)

Vending Operations on Rock Island

<u>Arsenal</u>: Rock Island Arsenal vending operations are being transferred to the

State of Illinois Blind Vendors. Start of operations for the Blind Vendors will be Wednesday, **Sept. 17**. Valley Vending will be removing their machines Friday, **Sept.**



12. During this transition, snack machines will not be available. AD Huesing products; Pepsi, Power Aid, water etc. will not be affected. Treat America is open 24/7 in buildings 60, 212 and 350 and offers snack items. Program POC: Mark Lewis, Business Enterprise Program for the Blind, (312) 718-7594.

<u>Citizenship Day</u>: The Department of Defense will observe Constitution Day



and Citizenship Day, Sept. 17, to commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787. Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447, requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept. 17**. To assist in celebrating this event, training and educational materials will be provided to all DoD employees to encourage them to hold ceremonies and special programs. The Web site provides useful information and resources, including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." (More)

Blood Drives: The Mississippi Valley

Regional Blood Center is hosting a blood drive in the <u>Caisson Room</u> (First Floor, Bldg. 60), on **Friday**, **Sept. 19**, **10 a.m.** – **12 p.m.** If



you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?" Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information click here.

National POW/MIA Recognition Day Ceremony Cancelled: The Arsenal Island observance event, previously

scheduled for Sept. 19 has been cancelled. Sept. 19 remains a national observance traditionally observed on the third Friday in September each year. "Missing... Seeking Answers" is the theme for this year's Recognition Day. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. (More)

"Bridging The Gap" – Stand Down for Homeless Veterans: Bridging The Gap-QCA will be holding a Stand Down

Veterans Sept. 18, 19, & 20, at the QCCA Expo Center in Rock Island. The

for Homeless



purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. 30+ Quad-Cities area agencies are expected to attend the event to offer services to homeless veterans. "Bridging the Gap" Homeless



Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect. They hope to inspire the hope, strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Registration is required for the event and will take place **Sept. 18**, 4-6 p.m., and **Sept. 19**, 7 a.m. – 12 p.m. To donate: (309) 269-2012 Mike Malmstrom; to volunteer: (309) 593-4400 Gloria Menzer. volunteer4standdown@yahoo.com; to support: (563) 370-1779 Sarah Oliver. Note: Veterans status verified at checkin. Services: Food, clothing, haircuts, showers, medical, eye testing, human services, legal aid, employment assistance, hearing van, social security, VAC's Vet Center, shelter referrals, disability claims, housing authority & more. Homeless veterans welcome overnight.

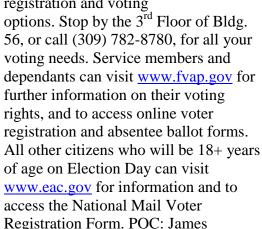
RIA AUSA Meeting to Feature Civilian Aide to the Secretary of the

Army: You are invited to attend the Rock Island Arsenal Chapter of the Association of the United States Army General Membership Meeting on **Sept. 25**, 5-6 p.m., at the Arsenal Island Golf Course Clubhouse. This meeting will

feature guest speaker Sam Kupresin, Civilian Aide to the Secretary of the Army. There is no charge to attend the event, donations will be accepted. Light snacks, coffee and tea will be provided; the cash bar will be open throughout and after the meeting. No RSVP required – bring a friend.

RIA Voting Assistance Office: Election Day is only 60 days away – there's still time to register to vote and request an

absentee ballot, but don't delay. The Rock Island Arsenal Voting Assistance Office can help service members, dependants, federal employees, retirees and visitors with voter registration and voting options. Stop by the 3^{rc}



Grimaldi, Installation Voter Assistance Officer, (309) 782-8780.

<u>Proclamation Ceremony & Signing</u>: Rock Island Arsenal leaders will sign a

proclamation to raise awareness of domestic violence in a ceremony on **Oct. 6**, at 1 p.m., in Heritage Hall, in Bldg. 60.
October is officially

Domestic Violence
Awareness Month. The
theme for this year is "Relationships
Should Be Safe, Respectful, and
Positive." The proclamation commits
Arsenal leadership to provide support to
the victims of domestic violence, and
asks the community to work to prevent
and reduce domestic violence in the

National Preparedness Month 2014:

military family.

This September marks the eleventh annual commemoration of National Preparedness Month. Over the past 11 years the Rock Island Arsenal has made great strides and our

emergency preparedness posture has improved greatly. This progress is



evident in the way we have responded to the many natural disasters we face here in the Midwest; from flooding to severe thunderstorms and even a blizzard or two. Planning, preparation, and partnerships with the surrounding Quad Cities area allows our installation to face these incidents and minimize the impact on our Soldiers, Families, and civilians that work and live on RIA. We encourage you to continue supporting RIA's preparedness efforts - without you we wouldn't be a Ready Army. (StandTo!)

RIA Retirement Ceremony: Maj. Gen. Kevin G. O'Connell, Commanding General of the United States Army Sustainment Command and Rock Island Arsenal, cordially invites you to attend the Award, Retirement & Retreat Ceremony at Heritage Hall, Bldg. 60, Thursday, Sept. 25, at 1 p.m. We will honor our retiring Department of the Army civilians and exercise our Soldiers' first General Order by properly relieving them of their posts. Uniform for personnel not participating in the ceremony is military: duty uniform and civilian: casual.

Halloween in September Murder at the Lodge: Women In Defense 2nd Annual Halloween Murder Mystery

Dinner: Friday, **Sept. 19**, at The Lodge, Bettendorf. \$40 per person/WID members \$35 per person. (Includes door prizes, Taco Buffet, prizes for 1st, 2nd & 3rd Best Costume). Registration/payment due by Sept. 12. Flyer may be found at: www.widiic.org.

Time: 6:30 p.m.

Cards for the Troops: Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7th Annual Cards for the Troops. Handmade rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to mssipple1@gmail.com. Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.

Arsenal Attic Thrift Shop: The Arsenal Attic Thrift Shop is open 9 a.m. - 3 p.m., every Tuesday and Thursday. This month we'll also be open two Saturdays, **Sept. 13** and **Sept. 20**. See us on <u>Facebook</u>. POC: (309) 782-6977.

FMWR, Commissary, and Post Exchange Advisory Council Meeting:

There will be a FMWR, Commissary, and Post Exchange advisory council meeting held Thursday, **Sept. 18**, 1-2 p.m., in Bldg. 90, 2nd floor, in Room 25. Soldiers, family members, and authorized patrons are invited to attend and provide input to the council to help improve these important military services and benefits.

VIOS Schedule for October, November, and December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walkin appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National

Guard Soldiers (not on active duty). The



8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order. signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Island Employee Local

<u>Discounts</u>: The following discounts are exclusively available to Arsenal Island employees – Chocolate Manor, 110 E 2nd St., Davenport: We are offering a 10% discount to military and civilian employees on our gourmet, hand-crafted chocolates and candies; just show your ID card. This information is included for general workforce interest and does not constitute endorsement of the businesses or products.

Arsenal Traffe Construction

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to **Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

Arsenal Traffic, Quad-City Bridge

<u>Construction</u>: With a number of construction projects taking place in various

locations around the Rock Island Arsenal, and barge season still in full swing,



getting on and off Arsenal Island can be a challenge. However, the following resources can be used to improve your commute: • Locks and Dam 15 Cam • Illinois Roadway Information • Iowa Roadway Information • WOC AM 1420 Various radio stations in the Quad Cities feature traffic reports, but AM 1420 reports traffic more frequently. All drivers are reminded to never drive distracted, which includes not using your mobile phone while driving. These devices can be helpful tools in using the links listed above, but do not attempt to do so while driving. We would like to express to the Arsenal community as they enter and exit the Rock Island and Davenport Access Control Points to be professional and courteous while driving on our roadways and in the community. Our police and guards are ready to react and support as we all brace for the transition from summer to autumn delays, whether it is the turning of the Government Bridge or construction in



our neighboring communities. Please be alert for Soldiers performing their physical training during early morning hours, along with runners and bicyclists. Note: Speed limits when passing troop formations is 10 mph. If we work together we can assure a safe and enjoyable autumn and winter. (Distracted Driving: an Armywide Hazard)

Rock Island Viaduct Sidewalk Closed to Pedestrians: "Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Upstream Sidewalk Closure on Government Bridge: Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this

sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installationonly" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Building/Space Glosures

There are no announcements at this time.

Active Duty/Reserve Zone

Walk-In Pet Vaccination Clinic: The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, Oct. 16, 1-6 p.m., and Friday, Oct. 17, 8-11 a.m., at the Rock Island Arsenal Fire Department. Eligible patrons include all active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards. There is a charge for all services provided with payment in cash or check. Please see our website for prices: www.mwrgl.com/special_services/vet_c linic/vet.htm. Questions? Please call at (847) 688-5740 ext. 4. The services offered at the clinic will include – Canine: • Heartworm / Lyme Test, Fecal: • Vaccines – Rabies, DAPP-L, Bordetella, Lyme; • Flea / Tick, Heartworm Prevention; • Microchipping; Feline: • FIV / FeLV Test, Fecal: • Vaccines – Rabies, FVRCP, Leukemia; • Flea / Tick Prevention; • Microchipping. Please bring copy of previous vaccination



status and same day stool sample for fecal testing.

Haircuts for Heroes: During the month of September, local Quad Cities' business, Paul Mitchell the School, is providing a free hair cut to all service men and women in honor of the sacrifices made in the wake of 9-11. To redeem this offer reservations are required by calling (563) 323-4700 to make an appointment. Remember to come in uniform or bring your service ID. This business is located at 4020 Brady Street in Davenport. This information is included for general active duty and reserve military interest and does not constitute endorsement of the businesses or products.

Safety Spotlight

There's Nothing Funny About Falls:

Slips, trips and falls have been a sure way to get a laugh in many cultures over

the years. Human beings have been falling over their own feet ever since they first began to walk. However,



except in slapstick comedy, falls are simply not funny. In fact, the subject of

falls is extremely serious. Did you know that falls are one of the top leading causes of accidental death? In case you are thinking that falls are only a danger to people who work on scaffolds and steel girders up in the sky, think again. Most falls (67 percent) actually occur on the same level and are caused by just slipping on something or tripping over an obstacle. (More)

Army Launches New Safety

<u>Campaign</u>: The Army launched the first installment of its new two-year seasonal safety awareness campaign today. The campaign -- entitled "Ready ... or Not?" -- is a call to action for leaders, Soldiers, Army civilians and family members to assess their "readiness" for what lies ahead, the known as well as the unknown. (More)

<u>Headphone/Earphone Use Prohibited</u> on Arsenal Island: The Army Safety

Program (AR 385-10, Section 6-5) states:
Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moned on Army installation roads are

including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety
Program that must continually heighten
accident prevention awareness during all
on-duty and off-duty recreational
programs for Soldiers, Army civilians,
and their families. Sports and
recreational activities continue to rank
high as a major cause of accidental
injury. We ask for your kind cooperation
in helping to prevent accidents due to
distractions.

Equal Opportunity Focus

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Garrison EEO Disability Awareness

Month Fair: The Garrison EEO
Disability Awareness Month Fair will be held Wednesday, Oct. 8, 10 a.m. to 1 p.m., in Heritage Hall, Bldg. 60.
Participants will include representatives from: • Illinois/Iowa Center for Independent Living; • Quad Cities Vet Center; • Army Community Services; • Good Will; • Genesis Health; • CPAC; and • ASC G1. For additional information or accommodation contact Carmen Ausborn at (309) 782-2927.

Morale, Welfare & Recreation (MWR)





Visit the MWR website at www.riamwr.com for information on all MWR programs. Also click here to become a fan on Facebook, or Twitter @golf1897, and stay up to date on all the great MWR offerings here at the Arsenal.

NFL Punt, Pass & Kick Competition: CYSS is hosting a Local NFL Punt Pass and Kick competition Saturday, Sept. 13, at 10 a.m., for children aged 6-15. This is a free event for all children, military and civilian. Participants must register online at:

www.nflppk.com/competitions/register/index/18149 or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group* will advance to a sectional competition. Please call (309) 782-0511 for more info. (Flyer) Note: *Age divisions based upon child's age as of **Dec. 31**.

New 6-Week Session of Group Fitness Classes Starts: As the leaves begin to change and the temperatures drop outside you may want to look for fitness activities that keep you indoors and fit and feeling good through the fall and winter months. The Fitness Center has just what you need. With our next 6-week session of group fitness classes kicking off during the week of Sept. 15

and new class offerings, now is the perfect time to get signed up. A modified rowing class (Row & Sculpt) with emphasis on strength training, Core Blast, and Total Body Conditioning are a few of the new offerings. All class info including times and prices can be found here: www.riamwr.com/community-recreation/fitness-center-adult-sports or call (309) 782-6789 for more info.

Golf Course Closed: The Arsenal Island Golf Course will be closed for green aerification during the period of Sept. 22-23. This necessary annual maintenance procedure ensures that the greens roll as smoothly as possible all season long. Thanks for your patience and feel free to call the Pro Shop at (309) 793-1604 with any questions or to book your tee-times for Sept. 24.

Newcomers Orientation and Tour of Rock Island Arsenal and the Quad

<u>Cities</u>: Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them / yourself signed up for our next Newcomer's Orientation and Tour taking place Thursday, **Sept. 25**. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the

surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union and free childcare is also available but you must RSVP for care by **Sept. 18**, call Leslie (309) 782-6793. Space is limited so call (309) 782-0829 for more info and to reserve your spots. (Flyer)

Volunteers Needed for QC Marathon:

On Sunday, **Sept. 28**, the Quad Cities Marathon will travel through the Rock Island Arsenal and we are looking for volunteers to help make this leg of the race run smoothly and successfully. We need lots of volunteers and no affiliation to the Army or Rock Island Arsenal is required so please feel free to share this notice far and wide with anyone who might want to volunteer. Please call Desiree at (309) 782-6789 for more info and to sign up.

Golftoberfest Four-Person Scramble:

Get warmed up for Oktoberfest with a

round of golf, Friday, **Oct. 3**, at 12 p.m., at the beautiful and historic Arsenal Island



Golf Course. This four-person scramble



style tournament will shotgun start at 12 p.m. so that you'll be back at the Clubhouse just in time for the inaugural Rock Island Arsenal Oktoberfest at 5 p.m. Cost is \$35/person for the golf tournament only option. For \$55 you'll also receive a collectible beer stein, a beer drink ticket and a \$10 food voucher for the great German fare at Oktoberfest. Call (309)793-1604 for more information and to sign up. (Flyer)

Inaugural Rock Island Arsenal

Oktoberfest: MWR is bringing a little bit of Bavaria to the Rock Island

Arsenal with the Inaugural Rock Island Arsenal Oktoberfest Friday, **Oct.**



3, beginning at 5 p.m. There will be a free concert by local band The Whoozdads, traditional German food including schnitzel sandwiches, bratwursts & sauerkraut, cabbage sausage & potato stew, ginger chocolate cookies, and of course lots of German style beers and wines. For \$15 you can get your very own limited edition, collectible beer stein which includes your first beverage. Call (309) 782-6319 for more info. (Flyer)

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. (email) (website)

Walt Disney Military Promotion

Tickets: 2015 Walt Disney World is saluting U.S. military personnel by offering Disney 4-Day Military Promotional Tickets. The Park Hopper Option is included, so you can come and go as you please through all four theme parks each day of your ticket. Purchase from Aug. 25, 2014 through Sept. 30, 2015 and receive admission on any four days for just \$177 with the exception of the following blockout dates: • Dec. 22 through Jan. 2; • March 29 through April 9. And if you're looking for a little extra magic, add the Water Park Fun & More option for just \$30 more plus tax.

MTP Audit Time: The Leisure Travel office will be taking ticket orders w/payment for WDW and Universal tickets until Wednesday, Sept. 10. Ticket ordering will resume on Wednesday, Sept. 24. Please remember there is a two - three week delivery.

Leisure Travel Office Relocating: In order to better serve our customers, on Sept. 18, the Leisure Travel Office will be moving to Bldg. 333 where it will be co-located with Outdoor Recreation. The phone number will remain the same, (309) 782-5890, and we'll still offer all the great travel and entertainment deals you've come to expect so come on down and see us at our new location beginning on the Sept. 18. (More)

Disney LIVE! Mickey's Musical

Adventure: Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more. The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family. Discounted tickets on sale until Sept. 23 (Lower \$23 upper \$16). Two shows 4 p.m. and 7 p.m. Contact Leisure Travel at (309) 782-5890 or stop by Bldg. 60 to get your seats. (Flyer)

MWR Outdoor Recreation
Maquoketa River Canoe Trip: Join
Outdoor Recreation for a scenic canoe
trip down the Maquoketa River. Cost is



\$35 per canoe or \$20 per kayak. Participants must register and prepay at Outdoor Recreation by **Sept. 19**. For complete details phone Bob Lampert at (309) 782-8630. (Flyer)

Date: Saturday, Oct. 4 Time: 9 a.m. - 2 p.m.

Galena Country Fair Bus Trip:

Galena Country Fair hosts more than 150 vendors offering original handmade items, crafts and fine art. Held in picturesque Grant Park overlooking historical Galena, Ill. Family fun includes children's games, live music, great food, silent auction and so much more. Limited seats available at \$41 each.

Date: Saturday, Oct. 11 Time: 8 a.m. - 7 p.m.

Circa 21: Funny You Don't Look Like

A Grandmother: This humorous, heartwarming musical revue looks at modern grandmothers in a whole new light. These are the women who have thrown away the granny glasses, shapeless black dresses and Red Cross shoes and replaced them with cute little tennis dresses, skis and a condo in Florida. Whether you are a grandparent or a grandchild, every generation will love this show. Discounted tickets (\$45) available until **Oct. 11**.

Date: Saturday, Oct. 25

Time: **5:45 p.m.**

QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are redeemable at the QC River Bandits box office.

<u>Six Flags Great America</u>: The Leisure Travel Office is still offering discounted one day admission (\$45) tickets now through Fright Fest. We also have discounted parking tickets.

Adventureland: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides -Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general one day admission tickets for the 2014 season, \$32 for adults and children.

Walt Disney Military Promotion

<u>Tickets</u>: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Davenport Cinemark 53rd 18 + IMAX

<u>Theatre</u>: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

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Covenant Cottage Child Development

Home: Covenant Cottage Child

Development Home is available for
backup, emergency, and hourly care for
ages four weeks through 12 years. The



home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit



our ACS website or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here. 24/7 Sexual Assault Hotline: (309) 229-8412

Employee Assistance Program

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For free, confidential counseling assistance or for information on

services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see our website or visit us on Facebook. The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Recovery Month: National Recovery Month is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month, now in its 25th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month

promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments. The 2014 Recovery Month observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment. and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. Currently, 203 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in



the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program at 782-HELP (4357).

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 23, Oct. 28, Nov. 25**, and **Dec. 16**; in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs (search key word "assertiveness") or call (309) 782-2552.

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a time management class. Classes will be taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 16**, **Oct. 21**, **Nov. 4**, and **Dec. 9**, in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs

(search key word "time management") or call (309) 782-2552.

Community Resiliency Academy
Announcement – Real Colors: Real
Colors offers you a peek into human
personality. It will provide you with a
better understanding of human behavior
and help you recognize, accept and learn
to value the differences in others. Real
Colors has proven to be an effective tool
to increase understanding, empathy and
effective communication in the
workplace. Workshop Dates: Sept. 17,
Oct. 15, Nov. 12, and Dec. 10. Sign up
in TEDs (search key word "real colors")
or for more information contact Lori
Griffin at (309) 782-2551.

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

<u>Grief Support Group</u>: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets

on Tuesdays from 3:00 until 4:00 in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st Floor, East Wing.

Education/Itraining Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our website to learn more.

Employment - Education Event:

Service members, veterans, family members, and DoD civilians, "mark your calendars now" for U.S. Army Garrison Rock Island Arsenal's combined Employment and Education Event, Wednesday, **Sept. 17**, 9:30 a.m.



to 1:30 p.m., in Heritage Hall, Bldg. 60. More than 40 employers and 20 academic institutions are scheduled to participate. Employers are looking for talented and experienced personnel to fill vacancies in the Quad Cities and nationwide and will be accepting resumes and conducting interviews on site. Academic institutions will be providing information on both local and on-line education programs and opportunities. Veteran Service Organizations will also be available to assist eligible personnel with services, such as resume development, as well as provide GI Bill and other VA programrelated information. This Event is a wonderful opportunity to network with employers, schools, and other professional organizations. Don't let this great opportunity pass you by – save the date on your calendar. POC: (309) 782-7780 or usarmy.ria.usag.mbx.hrmtsm@mail.mil

Limited Hours for Army Education Center: On Wednesday, Sept. 17, the **USAG** Rock Island Army Education Center will have limited operation hours due to participation in the Employment-Education Event, Bldg. 60, 9:30 a.m. -1:30 p.m. Please call us before visiting, or come see us at the event. Phone: (309) 782-2065.

Please Join Us: Join the Rock Island Education Center as we host our inaugural College Commencement Recognition Ceremony for our Military community. This year's event is scheduled for Oct. 2, in Bldg. 60, Heritage Hall, from 1-3 p.m. This is a wonderful way to celebrate the sacrifices and dedication it takes to complete a college education while serving in the military. POC: (309) 782-2065.

Limited Hours for Army Ed Center:

On Wednesday & Thursday, Oct. 1-2, the USAG Rock Island Arsenal Army Education Center will have limited operation hours due to hosting the first **Annual Commencement Recognition** Ceremony, Bldg. 60, 1-3 p.m. Please call us before visiting and come help celebrate our military grads. Phone: (309) 782-2065.

The Rock Island Commissary and the **Exchange are for active duty military** and retirees only. There are exceptions for select items (mainly

consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information HERE. For information on this and other Commissaries, visit: www.commissaries.com (Facebook)

Case Lot Sales Return to Stateside Commissaries Aug. 14 - Sept. 30: Case lot sales are back! With the unveiling of the Commissary Customer Appreciation Case Lot Sale, the Defense Commissary Agency brings back the popular sales event for its stateside stores. Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30. Case lot sales feature a multitude of items, some at savings of 50 percent or more, in full cases and in the club pack format found in off-base club warehouse stores. (Schedule of case lot sales)

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website)

Croquet Event Postponed Until Sept.

13: The COL Davenport Historical Foundation decided to postpone the Colonel's Croquet Party until Saturday, Sept. 13, due to the very hot and humid weather. "We know that it is a lastminute decision, but it's not going to be a very fun afternoon if everyone is too hot. We want to be considerate of the welfare of our attendees," said Jessica Waytenick, CDHF Board Vice President. Step back in time for the third annual Colonel's Croquet Party on Saturday, Sept. 13, on Arsenal Island at 2 p.m. Don your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One. Croquet equipment will be provided. There will be hors d'oeuvres and drinks served al fresco at Quarters One. Nohost bar available. Creekside Vineyards Winery in Coal Valley, Ill., will provide a complimentary wine tasting. Attendees also receive a complimentary guided tour of the COL Davenport House. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. For more information or to purchase tickets, contact Jessica Waytenick at (309) 737-4280 or purchase tickets online at www.davenporthouse.org.

Ghost Tales at the COL Davenport

House: Kick off the Halloween season as the COL Davenport Historical Foundation presents "Ghost Tales" with spooky stories told by local storytellers on the grounds of the COL Davenport House on Arsenal Island at 7 p.m. on Saturday, **Sept. 27**. Admission for this family-friendly event is \$6 for adults; \$4 seniors; and 12 and younger/active military are free. Enjoy the refreshments for sale. Don't forget to bring a lawn chair or blanket. (Rain location: nearby picnic pavilion just east of the house.) Come before the main event to get a complimentary guided tour of the COL Davenport House beginning at 5:30 p.m.

This Week in Rock Island Arsenal
History – Sept. 8-14: In September
1814, Major Zachary Taylor led an
American military expedition to Rock
Island to avenge the defeat that Black

Hawk's British Band had inflicted on Lt. Campbell's early expedition. Major Taylor's troops were defeated in the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians.

healthbeat

Body Sensors to Help Soldiers In

Future Conflicts: The Army is researching physiological sensors that may help Soldiers achieve superior performance on battlefields of the future, said the commanding general of Fort Detrick, Maryland. Lt. Gen. Joseph Caravalho Jr., commander of the U.S. Army Medical Research and Materiel Command and Fort Detrick, led a panel discussion at the Association of the United States Army's Medical Hot Topics Forum, Sept. 10. The panel was

Pay Attention for Suicide Prevention:

titled "The Future of Human

Performance." (More)

Vigilant attention in our observations and interactions with others is key to preventing suicide. Caring for each other, knowing the clues, and taking action to help, can make all the difference. Many of the suicide prevention efforts currently practiced



place a serious burden on those who know the person at risk of suicide. One of the ongoing concerns of those efforts is that they don't necessarily result in the person at risk asking for help or divulging his or her need for assistance. (More)

Preventive Medicine Expert Suggests Lifestyle Changes for Resilient

Leaders: A leading expert on lifestyle and nutrition spoke to the Army War College Class here Sept. 9 as a component of the Senior Leader Development & Resiliency Program. "... Eat well, stress less, move more and love more," was the overarching message that cardiologist Dr. Dean Ornish presented to the class. He emphasized that looking at underlying causes is key to good health and healing, rather than treating the symptoms which often return. Learn what the Army War College officers and civilian leaders learned about healthy lifestyles for those with significant leadership responsibilities. See the video at www.youtube.com/usarmywarcollege. (More)

<u>Tobacco Kills. Period.</u>: In June Major League Baseball fans mourned the death of Tony Gwynn, a Hall of Fame outfielder and accomplished hitter. He

died from salivary gland cancer, a form of oral cancer. Gwynn attributed his cancer to the smokeless tobacco that he used throughout his entire career. Most people know that tobacco can cause heart disease, stroke, cancer of the lung, liver, pancreas and bladder, and a host of other diseases. But most users don't consider what tobacco does to the site where they actually place it -- their mouth. In addition to causing tooth decay and gum disease, studies have shown that using any form of tobacco increases your risk for oral cancer. While cigarettes are one of the most dangerous forms of tobacco, smokeless tobacco is not harmless either. Use of smokeless tobacco increases your risk of oral cancer also. Certain oral cancers of the cheek, gingiva (gums), or inner surface of the lips (where the tobacco is placed) are even more likely to occur in smokeless tobacco users. Dr. Gregory Chadwick, former president of the American Dental Association, gave the perfect response to a tobacco industry push to promote smokeless tobacco as "less harmful." (More)

Notes for Veterans

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Accelerated Learning Programs Offer Innovative Learning Opportunities

for Veterans: Each year, more than 250.000 Servicemembers take off their uniform for the last time. And for those transitioning Veterans, among the first questions they ask is: What's next? To help answer the "what's next" question, the Department of Veterans Affairs (VA) is introducing a plan to incorporate Accelerated Learning Programs (ALP) as a way to bridge the gap between Veterans' separation from service and successful civilian employment outcomes. In general, ALP learning is a non-traditional form of education that employs, and incorporates, varied learning styles. Individuals pursue intensive or self-paced learning in curricula that focus on developing career and industry skills. The ALP form of learning takes advantage of technologies, blended learning environments and innovative curricula that support the President's priority to ensure that America's Veterans find meaningful civilian employment. (More)

Carpooling Announcements

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Submit carpooling announcements via the <u>Island Insight submission page</u>. Please use that page to contact Garrison Public Affairs to take your



announcement off once you have found a ride.

<u>Mass Transportation Benefit Program</u>) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). (More)

Carpool:

- Ride: Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). (Email)
- Carpool: Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.

Around the Q.C.

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<u>Sept. 5-21</u>: <u>East West Riverfest</u> (Various QC Locations)

Sept. 12: 40th Anniversary Red Ruby Gala (Figge Art Museum, Davenport)

Sept. 13: Colonel's Croquet Party (COL

Sept. 13: Taming of the Slough (Empire Park, East Moline)

Davenport House, Rock Island Arsenal)

<u>Sept. 13</u>: <u>Quad Cities Cruisers Cruise-in</u> <u>and Car Show</u> (Kimberly Center, Davenport)

Sept. 13: 50th Anniversary of the Start of the Vietnam War dinner, hosted by the local U.S. Navy Seabee Vietnam Veterans of America (4 p.m., American Legion, Moline)

<u>Sept. 13</u>: <u>Hilltop Campus Village 5th annual</u> <u>Fall Music Festival</u> (Hilltop Campus Village, Davenport)

<u>Sept. 13</u>: <u>It's Glow Time 5k</u> (Bass Street Landing, Moline)

<u>Sept. 13</u>: <u>National Alliance on Mental Illness</u> <u>Greater Mississippi Valley Walk</u> (Centennial Park, Davenport)

<u>Sept. 14</u>: <u>Quad Cities Culinary Ride</u> (Quad Cities Food Hub, 421 W River Dr, Davenport)

<u>Sept. 16-18: Thomson Prison Job Fair - preference to hire veterans</u> (AUSP Thomson, 1100 One Mile Road, Thomson, III.)

Sept. 19: National POW/MIA Recognition

Day Ceremony (10 a.m., POW/MIA Marker,
Rodman Ave., Rock Island Arsenal)

Sept. 18-20: Stand Down 2014 for

Homeless Veterans (Q.C.C.A. Expo Center,
Rock Island)

<u>Sept. 19</u>: <u>Women in Defense Halloween</u> <u>Murder Mystery Dinner</u> (The Lodge, 900 Spruce Hills Drive, Bettendorf)

Sept. 19-20: Celtic Festival & Highland Games (Centennial Park, Davenport)

Sept. 20: 15th Annual WQPT Brew Ha Ha

Sept. 20: SAU Killer Bee 5K Run/Walk

(Rogalski Center, Davenport)

<u>Sept. 20</u>: <u>Walk with Travis</u> (Scott County Park's Whispering Pines Shelter,

Davenport)

<u>Sept. 20</u>: <u>Jog For Henry's Dog Walk/Jog With Your Dog</u> (Crow Creek Park, Bettendorf)

<u>Sept. 20-21</u>: <u>Riverssance Festival of Fine Arts</u> (Lindsay Park, Village of East Davenport)

<u>Sept. 21</u>: <u>Arrowhead Auction</u> (Arrowhead Campus, 12200 104th St., Coal Valley, Ill.) <u>Sept. 21</u>: <u>Dog Day Afternoon Crawl for a</u>

Cause (Downtown Davenport)

Sept. 21: Quad Cities Mustang Club Fall Cruise In (Dahl Ford, Davenport)

Sept. 21: 2nd Annual QC Fun Con (Clarion Hotel, Davenport)

Sept. 27: One Mile Walk for Prostate
Cancer (1201 River Dr., Moline)

Sept. 27: Quad City Animal Welfare Center

12th Annual Mutt Strut (Quad City Animal
Welfare Center, 724 2nd Ave W, Milan, III.)

Sept. 27: 2nd Annual Fall Fling & Artisan

Market (Skeleton Key Art and Antiques, 520

18th St. Rock Island)

Sept. 27: Free Family Day at Figge Art

Museum (Figge Art Museum, Davenport)

Sept. 27: 2nd Annual Mutts on the

Mississippi Bi-state Run/Walk (Clinton, Iowa)

<u>Sept. 27</u>: <u>Inaugural LiveFit With Lupus Golf</u> <u>Outing Extravaganza</u> (Hidden Hills Golf Course, Bettendorf)

Sept. 28: 17th Annual Quad Cities Marathon

Sept. 26-28: Hot Air Balloon Festival (Kennedy Square, East Moline)

Oct. 4: 4th Annual Walk/Run for Wishes (Modern Woodmen Park)

Oct. 4: Night of the Running Dead 5K (Davenport)

Oct. 4: QC Bacon Bash (Mississippi Valley Fairgrounds)

Oct. 4: GiGi's Super Hero Run (Bettendorf)



Oct. 5: Color in Motion 5K Quad Cities (Mississippi Valley Fairgrounds)

Oct. 5: Q.C. Gearheads Buffalo Pumpkin
Patch Car Show (Buffalo Pumpkin Patch, 4th
Street, Buffalo, Iowa)

Oct. 11: Trinity Quad Cities Classic Regatta (on the Mississippi River in Moline)

Oct. 11: Quad Cities Cruisers Cruise-in and Car Show (Kimberly Center, Davenport)

Oct. 11: Quad Cities FamiliesOn Challenge (Credit Island Park, Davenport)

Oct. 12: Apple Fest (Downtown LeClaire, lowa)

Oct. 18: 3rd Annual Fallen Soldiers 5K (WIU Campus Recreation Center, 1001 W. University Dr., Macomb, Ill.)

Oct. 18: Shamrock 'n Roll (The Stern Center, 1713 3rd Ave, Rock Island)

Oct. 18: Wholistic Arts Festival (Mississippi Valley Fairgrounds)

Oct. 18: Northpark October Craft/Vendor Show (NorthPark Mall, Davenport)

Oct. 22: Eastern Iowa/Western Illinois
Veterans Conference (St. Ambrose's
Rogalski Center, Davenport)

Oct. 23: Fright Night (The District, Rock Island)

Oct. 25: Lagomarcino's Cocoa Beano 5K Race (Moline)

Oct. 25: Military Appreciation / Pumpkin Cannon Festival Weekend (Country Corner Farm Market & Pumpkin Patch, 5333 Us Highway 150, Alpha, III.)

Oct. 25-26: Boo at the Zoo (Niabi Zoo, Milan, III.)

Oct. 25-26: 2nd Annual Military Appreciation Festival (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, III.)

Nov. 7: Veterans and Military Spouse
Workforce Symposium (Western Illinois

University—Quad Cities campus, 3300 River Drive, Moline)

Nov. 7: Veterans Recognition Celebration and Luncheon (Milan Community Center, Milan, III.)

Nov. 8: Vietnam Veterans of America Region 6 Conference (Wild Rose Casino, Clinton, Iowa)

Nov. 15: Southpark Mall November Craft and Vendor Show (SouthPark Mall, Moline)

Nov. 22: Festival of Trees Parade (Downtown Davenport)

Nov. 22: Lighting on the John Deere
Commons (John Deere Commons, Moline)

Nov. 22: Holiday Pops Concert (Downtown Moline)

<u>Dec. 7</u>: 19th Century Christmas (Butterworth Center, Moline)

Island Insight

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Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer: Mark Kane, Editor The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or

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